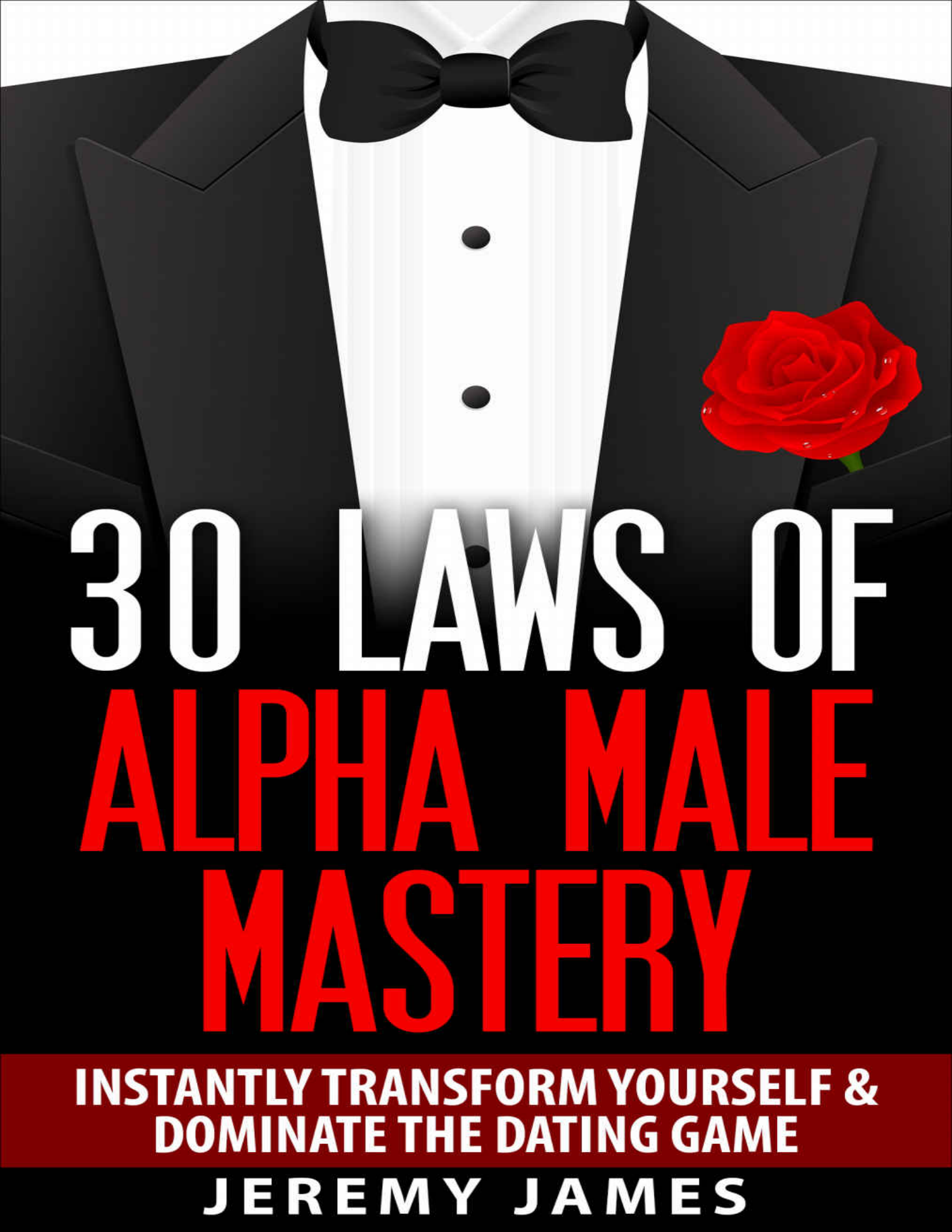

30 LAWS OF ALPHA MALE MASTERY

INSTANTLY TRANSFORM YOURSELF & DOMINATE THE DATING GAME

JEREMY JAMES

30 Laws of the Alpha Male: Instantly Transform Yourself & Dominate The Dating Game

Jeremy James

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Introduction

You walk in a room full of people, and your eyes immediately go to this person you have never known or have never met in your entire life. It's not just you alone. There is a host of people waiting to get the attention this person and are trying to talk to him. Not to mention, the people of the fairer sex cling on to every word that come from his mouth.

This guy does not have a real macho physique. His body type could be as similar as yours. However, it's his persona and aura that catches everyone's attention. Everyone listens to him with rapt attention. People immediately know he is the leader of the group and follow everything he says without questioning. He goes around taking control of every place he moves and every conversation in the group. All the people agree with his viewpoint without really challenging it. The feeling you get is....He owns the world (or at least a huge company) and is a billionaire. In the course of the evening (and through a few people around for his credentials), you realize he is a guy just like you. He is a guy who gets paid at the end of every month for the job he does. It is in the way he looks and the way he carries himself that makes all the difference.

That is the time you wish you wish his aura. You have always wished that girls would swoon over you and do everything possible to get your attention. You have always wanted to be in the shoes of this alpha male and take control of the people around and the conversation going on in the group.

You do not need to be a millionaire to be noticed. In fact, there are many of them who have gone from rags to riches just because of the alpha male persona they have. This persona helps them get noticed mostly by the big wigs in society.

This eBook has now come to your rescue. We have unveiled the mystery of the different ways to become an alpha male. We will help you get the persona of an alpha male that you have always desired. It will help you train your mind, body and attitude and make you a winner. This step – by – step guide will show you different ways of achieving your goal. All we advise you to do is continue practicing and never give up.

Be Calm and Confident

A calm mind brings inner strength and self-confidence. These qualities ooze out of an alpha male. He is very calculative, thoughtful and does not think through his heart. The human that he is, there may be times, he does feel a little nervous. But, the world never knows of his feelings. The only way he masks his nervousness is by controlling the way he feels. He is acutely aware of his facial expressions. He is aware of the way he feels and that's how he can cover it.

Another option that a lot of people would vouch for is breathing. Take a deep breath, count to about 15 and exhale. In a couple of minutes, you will feel your tense body relax. If that does not help you, just imagine being around your favorite place or the person you are most comfortable with. No matter the challenge in your life, the trick will definitely work and you will feel calm. That calmness will bring out the confidence in you. In short, a calm mind will bring out a composed body. That calm and composed self will bring out a confident aura which will never be missed by people around. Confidence is all about knowing what you do and being absolutely sure that everything you do will turn right. If you want to portray confidence, then you need to ape the person you feel is most confident in this world. Copy his mannerisms. In time, you will realize that the confidence of the man has rubbed on to you even if you have never met him in your life.

Body Movements

The body language tells you a lot about the way a person is. An alpha male is very sure of his overall body movements. A few simple ways that can get in the shoes of the alpha male.

The alpha male's movements ooze out style and domain. He feels and moves like the lion in the jungle. His head is held high, his eyes looking forcefully at the person in front of him, his shoulders straight and his movements slow but strong and forceful. He never slouches under any circumstances. His attitude shows that he does not carry the weight of the world is on his shoulders. He makes sure that his eyes never look at his toes, unless they are hurt.

A good way to improve your gait is to practice walking in the swimming pool. That exercise will help you walk on the floor as well. Even if you do not have an access to the swimming pool, you need to imagine you are crossing a swimming pool. The way you would walk inside a swimming pool is the way you would need to cross the floor. Your eyes should have a relaxed look. Your presence should be felt even when a person does not see you or does not know you are around. Whenever you decide to have a

drink, ensure you hold the drink to your side. Do not block or cover your chest with it.

Don’t Please Everyone

The world is made up of all kinds of people. An alpha male does not please every one of them. In fact, he does not need please anyone unless he wants to. He is not a slave to anybody. So, he does not please anyone but himself. No matter the situation, he does not say anything just to please anyone. If he needs to appreciate someone for something the opposite person has said or done, he appreciates that person within the boundaries. The alpha male never goes overboard with his talk or actions. He does not laugh or smile just to make someone better. His attitude shows the world that he is king. The people around get that feeling that they need to earn the alpha man’s words, laughter and his presence. For example: If someone in the team has done an outstanding job and is an asset to the team, he never goes overboard and praises him to the heavens. The team member will get pompous and might take the alpha male for granted. Just a few sentences like “Great job done. Keep up the good work” definitely suffices. If the team member has done an exceptional job, the alpha male gives the team member a pat on the shoulder. Nothing more. The person across, knows the person the alpha male is, he realizes those 8 words mentioned above says a lot more than the long list of accolades that would be paid by others. The peers and subordinates also know the importance of the work done all thanks to the few words that the alpha male just said.

Liberties

The alpha male is solipsistic. His behavior shows that only he exists and everything around him needs to be at his command. So, if he needs something, he is not afraid to take the liberties of asking whatever belongs to him. Now... he is never rude. His voice and posture has such a command over those around him that all he needs to do is just ask and it is given to him. His voice is dominating and does not crackle when he talks. He demands like whatever he asks always belonged to him and he will do whatever it takes to get it. For example: If you want an excel sheet prepared in the next 15 minutes, all you he says is, “Leave whatever you are doing and complete this excel sheet. I would like it completed and on my desk in the next 10 minutes”. Yes, he appreciates the employee for the time and the effort he has put in to ensure the alpha male gets the report on time. But, he does not over appreciate. This quality in an alpha male normally shows the people around that he is the boss in the surroundings he is in.

Never Be Apologetic

An alpha male completely believes in whatever he does. He weighs the pros and cons of the project he wants to undertake before venturing into it. Once he believes in that project, he never goes back. Even when things go wrong, he never apologizes. He will accept his mistake, but will never apologize, to make someone feel better. If he does apologize, it is because of something that has backfired and has gone horribly wrong, not because he took on the project. That is something he believed in from the bottom of his heart. He never feels the need to prove himself. So, he does not need to stoop down, no matter the consequence. Even if things go a little crazy, he will subtlety apologize and move to the next thing he is best at or believes in. He never says, “I am sorry. I should never have ventured into it”. On the contrary, this is normally what you would hear him say, “Things did go a little haywire. But I’m glad I went ahead with this project. It taught me a lot, showed me a few things I never knew existed and made me a little wiser. Now, what’s next??” The alpha male does not make excuses or gives reasons for something that cannot be done. He will try his level best to complete the task he has started. If the task cannot be completed due to reasons beyond his reach, he will give you reasons not excuses as to why the end result was not met.

Control Your Smile

A smile on your face gives out a lot about the person you are. Most importantly, it gives out the vulnerable and the friendly side of you and your feelings. A smile sends out waves that you are friendly and will approach the person in front of you. As mentioned above, an alpha male masks those feelings. In fact, a person who smiles less often is not considered as a rude or snobbish. On the contrary, he is always perceived as intelligent and knowledgeable. The smile is always initiated from those who wants to get close to the alpha male and wants to know him better. The alpha male does not initiate the smile. Wherever he goes, he does not smile at anyone unless he feels like it. He controls those urges. When someone smiles, the alpha male just gives a small nod that he has acknowledged the smile. But he does not smile back. If the smile is really infectious, then a small smile from the corner of the alpha male's lips is all that is given. He does not go in for a huge grin. That small smile is a reward that the other person has done something really worthy in life. A person who does not smile much has an air of his own.

Time is Valuable

You need to remember, time once gone will never come back. There are lots of people out there who spend a lot of time making money and money is needed to survive in this world. However, you need to remember that you can spend time and make money. But, you cannot spend money and make time. Do not waste your precious time lying on the couch, surfing the television set or day dreaming. You need to be practical and your mind needs to keep producing ideas. You just have 24 hours a day. Once time is gone, it will never come back. It is no use regretting time lost. Now, I do not mean, you should not rejuvenate. That is something necessary for every individual. However, even recreation should involve something that should help you. An alpha male makes the most of the time given to you. He uses his time in whatever way he thinks will please him. He reads or listens to music, plays a sport like golf, learns a new hobby like drawing. He makes it a point to ensure his body takes you a long way. Time is precious and he makes the most of it. Every alpha male spends the last 30 minutes of his day, scheduling the next day's work schedule. That way, he does not spend a lot of time wondering about the work he has to complete. At the same time, he does not have a reason to ponder and regret over time lost.

Frame of Mind

You will meet people of every kind. They all face different problems in life. Most of the time, a lot of them do not know how to deal with it. As a result, they are irritated and frustrated. Many of them are not even looking out for a solution. They are only looking out for people to share their sorrows and grievances. In short, they want a listening ear and a shoulder to cry on. The only problem is their mood is infectious and will pull you in it as well. An alpha male does not want to be dragged to the pits just because of a problem that is not his own. He pulls the opposite person into his frame of mind.

For a change, the alpha male tries helping this person out. He becomes their pillar of strength and relief. At the same time, he ensures that he is not sucked into their problems. He listens to them and gives them his full attention. Once they finish bawling out their problems, the alpha male gives out solutions. An alpha male always has solutions. Those solutions might not please everyone in the picture painted by the person he is talking to. However, they will definitely help the person next to him. Those solutions will also be the most practical ones. Once the solutions are given, he ends the conversation with a joke. That way, both of them leave in a happier mood, a lighter heart and a smile on their faces.

Remain Silent

If you think “you have the right to remain silent” is a phrase used only by the court and the police, then you are sadly mistaken. Many actors and politicians use this strategy as well. In fact, they use it quite often for their competitors and juniors. It wonders for the alpha male. The minute the people on the opposite side finishes talking, the alpha male remains silent for about 30 seconds or so. This leaves the opposite person in an awkward position and they try explaining the reasons behind the conversation they just had a minute ago. This is just the reaction that the alpha male wants from the opposite person. The alpha male also tries this trick when a person is talking about a conversation he does not approve of. While the other person talks, he remains silent and does not look at the person. If it gets out of hand, he looks in the opposite direction while the person speaks. This will leave the opposite person insecure and the alpha male, without saying a word, earns a brownie point. Remaining silent also shows the world that you can be in control without saying a word. That silence has pride and arrogance and it puts the alpha male in control.

Never Laugh At Your Own Jokes

This is a market strategy that stand-up comedians and mimic artists always use. They make it a point to laugh at the end of every joke they crack. This way, the audience tries laughing to give them company. Now, an alpha male is neither a joker, nor a mimic artist. He definitely needs to crack a joke to get the crowd's attention and to get them to listen to him. He also cracks a couple of jokes whenever the need arises. However, he does not laugh at the joke he has cracked or else he lands up looking like one of those jokers. Most of the jokes he cracks, are one-liners. His jokes are subtle and extremely intelligent ones. But, at the same time, they have a very powerful impact. He makes sure he does not keep cracking all the jokes you have in his pocket.

You Are King

An alpha male is very comfortable wherever he goes and whomsoever he speaks to. He makes the other person feel that he knows about everything in the world. There are chances he may not know a lot or he does not know anything about the topic. However, his mannerisms show otherwise. He may come across someone he adores. He will make it a point to go and speak to the person. However, the comfort in which he speaks to the person will never give out the fact that he worships him. He makes sure that he knows about the topic of conversation that group is talking about.

Unless you are invited to a party with a interest, most men in the world speak love to speak on the politics of the country and vehicles (especially cars). Ensure you are a pro on the subject. Keep a few one liners handy. Rest assured, you will definitely need them during your conversation at some point or the other. Whenever an alpha male is approached by an individual, he speaks to them in a confident tone. He does not stammer while talking to another person. He ensures he faces in the direction of the person he is having a conversation with. This shows the confidence the alpha male has in the topic.

Make Strong Eye Contact

They say “the eyes are the windows to your soul”. That is so true. Your eyes will talk to the next person even before your attitude or your body will. The alpha male knows the importance of eye contact. So, he ensures his eyes give the next person the message that he is the one in command. He makes sure he looks in the person’s eyes whenever he is introduced to a person or whenever he wants to acknowledge the greetings of another person. He never looks at the floor whenever someone speaks to him. His eye contact is steady whenever he speaks to someone. His eyes hold the other’s person's attention as long as he wants them to.

The eyes are one way where a person of the opposite sex immediately gets attracted to you. Even if you do not have those piercing eyes, your gaze should be piercing enough to ensure the person has your attention for a very long time. When someone speaks a little too much or way too confidently, just smirk or give a kind of a half smile. This smile can be a little sarcastic sometimes. The eye and the smile combination will give the other person an impression that you know a little more than what the other person is talking.

Don’t Try to Make People Like You

This is a quality that the juniors and the subordinates normally possess. It is a part of their job to ensure the bosses like them. The alpha male might not own the company or might not be the on the board of directors. But it does not mean that he does things to ensure that people like him. In fact, it is the other way round. People around him do things so they might be liked by him. They do things to impress him and not the other way round. That proves that he is the boss with a salary.

If you think the alpha male really cares about what the people around him think of the way he behaves, you are so wrong. An alpha male never bothers about the feelings people have for him. He is a man who will get his work done without bothering about the consequences or the feelings of those around him.

Don’t Wait To Take Control

No one in the world will put a red carpet for you and ask you to take charge. The sons of the rich may have had that opportunity. However, that initial push has been just a beginning. It was up to the sons to prove themselves as worthy leaders and strong competitors. Many of them have landed up becoming a disaster on the way to the ultimate goal of becoming a leader. It was always the mighty that ruled. The alpha male knows that if he did not have that father or godfather above his head, he needs to work harder just to prove himself. He did not have the opportunity to watch the high and mighty at work and use their tactics and their skills as he grew. So he needs to learn those tactics on his own. He also learns those skills by taking control fast. The alpha male is aware that there are many out there waiting to gobble him up and he will land up being among those who might as well be invisible. He goes right ahead and takes control of who ever and whatever is around him.

Ignore A Competing Male

There may be other males out there trying to out-beat the alpha male. He recognizes their motto the minute they walk inside the room. They will be like the alpha male (or rather will try to ape him) but the alpha male is a class apart. The competing male is the one who will try to grab the attention of everyone present. Their movement and their voice will definitely be forceful. But it will be loud as well. Their volume decibel hitting the roof and their tone will be high pitched. People will see him giving a friendly pat (more of a shove) on the backs of the others present. They will go around the room, forcing themselves into conversations and giving out their view points. Sooner or later, you will find him entering the group where the alpha male is present. The alpha male is already ready for him. When the competing male comes, he will try to take control of the group. All that the alpha male does is just ignores him and pretends he does not exist. He does not make eye contact. He just looks through the competing male. The alpha male does not cut him at any point. He is extremely quiet while the competing male talks. He maintains that same calm composure when the competing male is around him and his group. Once the competing male finishes his conversation, the alpha male continues the topic that he had before the alpha male entered the picture. This gives the competing male a clear indication that his presence is not required in the group and the alpha male still reign over the group.

Be Comfortable Controlling The Group

A lot of people feel extremely uncomfortable throwing their weight around. They think about the emotions that the other person will go through and the reactions he will get if he takes control or becomes bossy. He fears resentment and embarrassment. An alpha male does not bother about the feelings of the world. He is very happy taking control and is comfortable in that role. He speaks his mind out and does not mind charging at people who do not obey his commands. Given a chance, he might embarrass the other person in front of the group not really fearing the consequence. He realizes that the more people fear him, the more they will respect and obey him.

Control is Simple

Experience has taught an alpha male that control is much simpler than actually talked about. It is an obligation he should take on. Once the control over the group is established and everyone knows he is the numero uno, he does not have to do anything much to keep the pressure going. All he needs to do is maintain his dignity and ensures no one starts taking him for granted. It is only the initial process that's really hard work. After that, everything sails smoothly. There are times, the alpha male may make a few mistakes. Those mistakes does not deter the alpha male. He acknowledges his mistake and move forward, still as a leader of the group.

Someone Says Something You Do Not Like

The alpha male thinks of the consequences if someone asks him a question about his personal life and he does not really want to answer it. This will only happen in the case of a competing male who wants to humiliate the alpha male and bring him down in public. The alpha male thinks of the possible consequences before making his next move. If he wants to create a scene, he goes ahead and asks the opposite person to control his tongue. This will ensure that all the people in the room do not mess with the life of the alpha male in the future. However, if he wants to maintain the peaceful atmosphere and wants everything to go on as usual, he smiles to ease the situation and give the competent male a feeling that whatever he is talking is not really needed. If that does not help, he rolls his eyes a little, shakes his head in a negative gesture and give them a look that a person would give a small child who is trying to be naughty and is trying to get his parents' attention. He cracks a joke about the same situation and walks away with his head held high and his dignity and self respect left intact. This way the alpha male gets the opportunity to ease and control the situation without losing his cool. Unless the competent male has really hit below the belt, the alpha male would normally choose the second option as compared to the first one.

Talk

The alpha male is never afraid to speak his mind whenever necessary. He ensures that people agree with his point of view. He does not have to twist his talk in order to please someone. He is never diplomatic because he knows that diplomacy only shows that he is afraid of the consequences. He never says things like “Whatever you say is also right” unless he is absolutely sure the person on the opposite end has made a valid point. Agreeing without confidence just shows insecurity. The alpha male is honest and direct this time. He has a few principles which he believes in through thick or thin. If anyone or anything goes against those principles, he will be the first one to voice his opinion. He will also prove the reasons he believes in. This is the time, the man with a few words really talks. He is not worried if his viewpoint anger or hurt a few people. However, his intentions are good and whatever he says, is said with clarity and truth.

The alpha male is completely fine getting distracted if someone talks something that does not make sense or is out of topic. He never stands in front of the person and tries to act engrossed just to please the opposite person. There are chances that people in the same group might just follow suit. The next option the alpha male uses here is to cut him off and start a conversation that engrosses everyone. That way, everyone around the alpha male is grateful that he got them out of a boring conversation. An alpha male also makes it a point to initiate a conversation everywhere he goes.

Lesser Males

The alpha male is a friend with those who look up to him and tries to ape him in every way. The alpha male knows that the lesser male will not dominate or boss over him. He is humbled by the fact that he is a role model to the lesser male. Be it privately or in public, the alpha male knows that no one likes to be insulted and humiliated. So, if he tries to put the lesser male down in any way, they will lose the respect and love they have had for the alpha male all this while. The aggression or rude behavior towards these males never helps the alpha male prove his dominance. On the contrary, the alpha male gives them advice whenever they need it. He supports the lesser males in the decisions he thinks they will do well. The lesser males are constantly looking for the alpha male's approval. So, the alpha male praises them whenever he thinks they have done a good job or when they have outsmarted themselves. He is their friend in need and never takes them for granted. Whenever someone talks ill about them, the alpha male talks in their favor even when they are not around. This helps the lesser male feel secure in the alpha male's company. They will also realize that even without saying it aloud, the alpha male respects them. This ensures a fruitful relationship between the two of them for the rest of their lives.

Control The Intensity Of Your Emotions

An alpha male is a human being. He has his share of problems. Work and personal life will definitely have its up's and down's and will take a toll on the alpha male. However, he does not take his share of problems wherever he goes. He shares all his problems with a close friend or a mentor. But not with the world around. He leaves whatever he is going through outside, before he walks inside a room filled with people anticipating his presence.

Before you walk in a room, take a deep breath, think of something that made you happy or smile, put your hand through your hair and walk inside. Once inside the room, just forget whatever is troubling you and go with the flow of laughter and conversations. You will need to fake a calm face or a smile. Do it if necessary. For a change, force yourself into a conversation in an effort to get your mind of the troubles you face. Remember, do not take to alcohol during these moments, no matter how alluring or inviting the alcohol may be. Research says alcohol relaxes your mind and allows you to vent out all your frustrations and emotions. You do not want that happening to you in front of people who admire and respect you. The minute you start talking about the problems you have, the perfect picture of an alpha male goes out the window. Whenever you feel the intensity of your problems wallowing you up, go to the bathroom, release all those pent up emotions by crying or screaming, freshen up and come back a composed man. If you

think you really will not be able to handle the party or the people around, leave the party before your emotions take control over you.

Don’t Pause Too Long

Whenever someone asks the alpha male a question, he does not take a long time to answer. The reason being, the pause shows the incompetence of a person. It also shows that the person is trying to give a diplomatic answer. If the person pauses on a personal question, it will show that he is either trying to gauge the situation or trying to say something that will not get the other person hurt.

To start with, the alpha male keeps himself abreast of the political, social news of the world. He has his own views and opinions about them. He does not care if the world agrees or disagrees with whatever he says. But he always has a say. He also knows a little about the entertainment industry in his country. He knows it is mandatory to know the whose-who in the entertainment field. Now, after all this homework that he normally does, if he still does not know the answer to the question he is asked, he is upfront and truthful about it. He then asks the opposite person for their views. If it is a personal question, they tell the opposite person whatever comes to their mind first without really caring about the feelings of the one who has questioned them. Since they have asked for the opinion of the alpha male, they better be ready to hear the truth with a pinch of salt.

Take Your Time Walking

A person who walks swiftly appears to be in a hurry and does not allow the people around him to gauge him well. An alpha male takes his time when he you walks in a room filled with people. He gives them time to drink him in. His walking exuberates confidence, style and poise. The people around realize he lives life on his own terms and will not allow anyone or anything dictate them. The people around now want to know the alpha male better. They also mechanically presume that he is in control and start following his lead. This will help the alpha male be a step ahead of the other males.

Do not do anything in haste. The act only shows that you are unsure of yourself or you do not want to get noticed. Either way, you will be on the losing end. An alpha male enters a room with his back straight and his chest out. His shoulders roll slightly. Their arms swing directly in front of them. The alpha male does not walk real slow like he has all the time in the world. His movements replicate the movement of a jaguar. The movements are slow, graceful and full of poise. Even when someone calls out to him, he does not respond immediately. He takes his time turning to face the person. Whenever he turns to face the person, he does it with attitude. The reason does not matter. The alpha male does not need to go to the person. He ensures the person who has called out to him comes to him. The person who called out to him automatically feels honored that the alpha male has responded back.

Keep It Short

The experience of being an alpha male has put a lot of stories in his pocket. Everyone wants to hear from him. Be it a life changing story, something about the day to day routine or your views about the ever changing world. They want to know everything that he has to do or say. The alpha male, on the contrary, keeps all his views to the point. No matter how long or his life history is, it does not exceed more than 100 words. A human memory has a short attention span. The alpha male knows if he gives a long sermon, he loses the interest of the person or people listening to him. If he has a funny or an entertaining story to tell, he might increase his word count to about 150. But not more than that. Here, we are ruling out scenarios like speaking in a seminar or on a podium. This time, the alpha male is expected to talk. However, his stories are informative and challenging. Like an actor or a politician who practices his lines before delivering it to the public, he rehearses his speech in front of someone he trusts and let them decide on the portions the alpha male needs to omit and portions which need clarifications.

Every story that has happened to you in your life is interesting to you and you would want every miniscule detail to be told in great depth and intensity. However, your listeners will be bored after a certain point of time. Their expressions will show that they want you to end your talk. Do not

wait for these expressions. If you notice this happening, rule out the small details and ensure you finish the conversation in the next 3 minutes.

Taking Advice From People

An alpha male has friends from all walks of life. That keeps the alpha male abreast of whatever goes on around him. Yes, he also watches the television and reads the newspaper every day with his morning cup of tea. However, he prefers keeping friends who are experts in the field. These friends are normally friends with experience in that particular field. Like any other human being, alpha males have mentors from every walk of life and people they go and listen to for advice. They always go to them for opinions. These talks are normally had over weekend dinners where the two can talk to each other through the night without getting interrupted or disturbed. Now, when they go to the experienced for their advice, they listen to what they have to say without interrupting them. They know that these are the people who 'have been there and done that'. So whatever they say holds a lot of importance. At times like these, they do not mind remaining away from the spot light. The alpha man does not mind listening to the stories that the experienced have gone through even if those stories go on all night. No matter what, they will not cut them off or barge at them. In fact, the only time they will interrupt is to question the experienced or to clarify something they have not understood. At the end of the conversations, the alpha male makes it a point to compliment the experienced and thank them for the wonderful piece of advice given to them.

Clean Language

A lot of people think that cussing and using abusive language is cool. It may be fun for people who are trying to act and behave cool. This is also a tactic used by wannabes who want to be a part of the crowd. Now, let's take a scenario: On one side you have a person using all the profanities in the world to convey his feelings. On the other side, you have a person using words from a thesaurus. Whom would you listen to? I can almost guarantee, your head will turn to the person using normal words and who does not cuss. The reason here is simple. No one likes to hear slangs, especially if it is aimed at your family or your sexuality. Most of the abuses are really crude and are hurled below the belt. It might look like the person abusing is really cool. However, cussing is a lot like physical violence. The only difference is, you use your tongue instead of your body. It actually shows the insecurity and the fear of losing authority of the person using it.

The alpha male speaks in a language that is clear of all profanities. That is because, he does not get angered very easily. His behavior shows perseverance, calm and confidence. So, he does not feel the need to abuse. His choice of words and language teaches people a few new words. This helps him get a lot of people to listen to him. Now, he does not need to use words which are hard to decipher and understand. He just uses one flowery word in every two sentences. However, the rest of the conversation is very transparent and smooth.

Never Brag About Yourself

You know how the people in sales sell their products?? By making that product their life. All they do is talk about that product to the customer. The customer, in turn, is left with two options. They either buy the product (because of curiosity and frustration) or they ensure they never meet the sales guy. Now, the salesmen need to do it for a living. The alpha male does not have to do that.

An alpha male never boasts. He does not talk about himself or his assets or the type of friends he has. His personality shows it all. The alpha male knows that the more he talks about something, the more boring the topic gets. It also kills the surprise element about him. They realize that people get nicknamed just because of the product they keep talking about. The alpha male does not want to portray himself in that negative image. This exercise also helps the alpha male to some extent. People who have or talk less about their assets also know who their true friends are. They are able to differentiate between the people who like them for who they are and the people who like them for their money or status. The alpha man actually becomes more of a mystery man if you do not reveal his assets. They actually enjoy watching the look of surprise on the face of the opposite person when they see the car or your house and realize the kind of man they are talking to. This exercise also helps the alpha man gain respect from the opposite person.

Never Backbite

People who are unsure or insecure of themselves gossip about the people in the world. That is the only way they try to prove themselves. Even if a person has done something worthwhile, the insecure male will find a hidden agenda (which is negative in character) just to talk about. In cases like these, people around realize the person's insecurities. A lot of people also start talking behind your back. Most of the time, the person you've spoken about comes to know about all that you have spoken about him and comes back at you to clarify things. As a result, your talk has backfired and you will have a lot of people who will speak ill about you and stop respecting you. The alpha male knows the effects of gossiping and uses the only one way to curb this issue. He does not speak anything negative about anyone. He does not need to prove anything to anyone. The only person whom he needs to prove his worth to is himself. If he needs to talk, he talks about the good things that people have. If he has nothing good about the person, he prefers being silent and moving away from the group rather than speak something wrong just to feel and be a part of the group. If someone has caused harm to the alpha male or the people around you, he discusses it one to one rather than have a crowd of people who listen to the altercation of words and then make stories about it. People respect the alpha male for the way he speaks and the way he conducts himself in front of the people they dislike.

Violence…A Last Resort

The alpha male never puts up with people or behavior that is ill mannered or rude. He makes sure he protects those around him. This is especially in the case of women, children or those who are physically weak and cannot defend themselves. If the alpha male sees the weaker sections of society getting teased or harassed, he intervenes and makes sure the weaker ones are safe and protected. The way he conducts himself is a warning enough that the teasers should back off. Under no circumstances does he put up with disrespectful behavior.

This being said, the alpha male never raises his hand. No matter what the opposite person says, he always tries to sort all the issues with words. If needed, he calls the cops before he enters the picture to calm and control the matter. Even if someone tries to aggravate the situation by yelling and screaming, his calm behavior ensures the opposite person is on the back foot. He never loses his cool under any circumstances and ensures he is not the first to raise his fist or hand even in an attempt to scare the other person. The alpha male is a leader, not a bully. He knows that things might turn extremely sour if he raises his hand just to prove his strength. The only time he raises his voice and his hand is when the opposite person charges at him. He does it in self defence. He needs to protect his life and the lives of those around him from the danger of those who might hurt him. The alpha male

and his friends are no saints. So, if things get out of hand and things get violent, it’s better to give it back to them.

Discipline And Fun

An alpha male is not always work. He does not believe in working the whole day. He knows “All work and no play, makes the alpha man a dull boy” and he definitely does not want to be a dull boy. He has his time when he does exactly what pleases him. He goes out partying whenever he gets the opportunity. You will find him playing a sport or swimming just to recharge. Whenever he is with his closest pals, he lets his hair down and just becomes himself. By now, his behavior magnifies his persona so much that he is the same alpha male even when he behaves normally with his friends.

However, the rest of the time, he leads a disciplined life. He knows that life without discipline leads to chaos. He has a time schedule for everything and follows that schedule to the T. He takes care of himself and his health means a lot to him. He ensures he does his periodical check ups to make sure his health does not fail him. He also knows that though he has his day planned, the day might just turn out the way he wants it to. So, he keeps a little buffer time after every activity he has planned. He knows exactly how much his body and mind can take and limits himself to those activities for the day. He does not overfill his day which he knows are not important and schedules it to a different date or a different person. For example: He pays his bills through the auto pay system the banks normally give. That way, he knows his material connections can never get cut nor does he have to pay

any late charges. He buys all the latest gadgets to ensure he does not waste any time in menial activities. As a result, his life is also sorted and he has no regrets of whatever he cannot do.

Conclusion

Nothing in life comes easy. That being said, you need to understand that becoming an alpha male is not easy. But it is not that tough either. Along with becoming an alpha male, it is important to maintain the persona that the alpha male contains. It is more like dieting to make sure you lose weight. You cannot see the results in one day. If you are hell bent on becoming the alpha male, you need to follow the 3 P's...That is patience, perseverance and practice. These 3 P's will ensure you are one step ahead of the lesser males. It is a slow process and sometimes the patience this whole exercise asks for might just kill you. There are many of them who started out with full vengeance. However, they gave up in a couple of weeks. This exercise will take a few months for those around you to realize there is a slight difference in your attitude. Once you realize that the fruits of your labor are paying off, you will feel proud of your accomplishments and will want to master the art. All you need to do is follow the points mentioned above like the way you would follow a holy book. In time you will definitely get there.